

## Gymnasts and Cheerleaders training uniform

Gymnasts and cheerleaders can wear their choice of; school sports uniform (Internal students only), a leotard or age appropriate fitted top or t-shirt, and any shorts/leggings. Clothing must be athletic and cheerleaders are also required to wear socks and sneakers. Buckles, buttons, skirts, jewelry or restrictive clothing is not permitted. Hair must be tied back.

There is a recreational gymnastics leotard available to purchase, although isn't compulsory.

Note: \*\* indicates items that are available for purchase through the MLC Gymnastics Office and must be paid for upon collection.

## Gymstar gymnasts' competition uniform

Uniform requirements for competitions are:-

- \*\*Gymstar black and jade leotard
- Black leggings/tracksuit pants - gymnasts to provide
- Plain black hair ribbon – gymnasts to provide
- \*\*Optional MLC Black Club Jacket or
  - \*\*An optional MLC Polar Fleece (limited sizes available as they are the end of a range) at \$40, alternatively a dark plain coloured jacket/jumper - the gymnast is to provide.

## Cheerleaders' competition uniform

Uniform requirements for competitions are:-

- \*\*Cheer Bow
- \*\*Body Liner
- \*\*Shell
- \*\*Skirt
- \*\*Socks
- \*\*Shoes

## Dance lesson and exam uniform (excluding hip hop)

### *Jazz And Tap*

- \*\*Pale blue leotard
- \*\*Black bike shorts
- \*\*Tan tights
- Jazz shoes
- Hair is to be in a neat high ponytail.

### *Ballet Level 1, 2 And 3*

- \*\*Pale pink leotard
- \*\*Salmon pink ballet tights

- Ballet shoes
- Hair is to be in a neat bun or if hair is short, a ponytail
- \*\*Levels 1 and 2 also have a pale pink skirt

### *Ballet Level 4+*

- \*\*Pale blue leotard
- \*\*Salmon pink ballet tights
- Ballet shoes
- Hair is to be in a neat bun or if hair is short, a ponytail.

### *Hip Hop*

- Comfortable clothing allowing the ability to move freely
- Hair is to be in a high ponytail

## **Squad gymnasts' competition uniform**

### **Level 1-3 Competition Uniform**

Uniform requirements for competitions are:-

- \*\*Short Sleeve Level 1-3 Club Competitive leotard - black & green velvet leotard (supplied by Alpha Factor)
- \*\*MLC Black Club Jacket and MLC Black Club Pants
- \*\*Grips bag

### **National and State Level 4-10 competition uniform**

Uniform requirements for competitions are:-

- \*\*Long Sleeve Club Competitive leotard – Green, white and mint long sleeve
- \*\*MLC Black Club Jacket and MLC Black Club Pants
- \*\*Grips bag
- \*\*Squad training leotard (National 6-10, IDP 5) – Blue, black and mint
- \*\*MLC Gymnastics Club Backpack

Note:- The training leotard required by the girls are worn at specific training camps / sessions / competition warm up and can also be worn during normal training. Gymnasts Traveling to National Clubs / attending training camps.

All gymnasts who travel interstate or overseas will be required to purchase additional travel uniform items.

### **Additional Items:**

- \*\*Compulsory - MLC grip bag
- \*\*Compulsory - MLC backpack
- \*\*2nd training leotard if required (or third if away for more than 3 days.)



## Club Uniforms

### Further Information

If you would like further information, please write to the MLC Gymnastics Club at 207 Barkers Road, Kew 3101, or via facsimile on (03) 9274 8168 or via email

Gym Club Manager – Leslie Burrows – burrowla@mlc.vic.edu.au  
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Club Bookkeeper – Tina Tsolos – tsolost@mlc.vic.edu.au  
Administration – Ros Sagnelli – sagnelr@mlc.vic.edu.au